



DIET TIPS FOR MALE INFERTILITY PATIENT

Infertility is now becoming a common problem for males. This problem stops males from impregnating a female. If male and female both repeated unprotected sex and the female does not get pregnant then it means both are facing infertility issues. But that does not mean you wouldn't be able to have your own child. Stem Cell Care India is the leading Stem cell therapy centre in India which can help you. Also, they have suggested the best male infertility diet that you need to follow.

• Fatty Fish:

You need the top sources of omega-3 fatty acids in fatty fish like salmon, mackerel, and sardines. The most crucial role of fatty acids for males is improving sperm quality as it will enhance sperm count, motility, and morphology. It is better to include fatty fish in your diet because another benefit is it reduces inflammation in reproductive organs. To improve overall reproductive health, fatty fish food is necessary.

• Berries:

Our experienced doctors suggest Berries including strawberries, blueberries, and raspberries because all these are loaded with antioxidants and vitamin C. When there are antioxidants it will help in protecting sperm cells from the damage. Vitam C will help in improving sperm motility and prevents sperm clumping. Males should not forget to add berries to their diet because it will support sperm health. It will also raise the chance of conception.

• Walnuts:

Walnuts added nutritious nuts with omega-3 fatty acids, antioxidants, etc. These compounds if added can be a great male infertility diet. If a male consumes walnuts then it will surely improve sperm quality by enhancing motility, morphology, and vitality. If you are serious about your sperm health and overall fertility then make sure to remember adding walnuts to your daily diet.

• Eggs:

If you want to consume complete protein and many crucial nutrients, such as Vitamin E and Zinc then add Eggs to your diet chart. You also want to consume the best food for sperm production and quality, so better would be choosing Eggs. It contains nutrients like Vitamin E that can protect sperm cells from oxidative damage. The chance of healthy sperm development is high, so Eggs should be in your priority.

Avocado:

Add a versatile fruit like Avocado that is rich in Vitamin E, antioxidants, and healthy fats. The role of healthy fats and the reason why men should go for it is it will help in hormone production and can improve sperm quality. Vitamin E no doubt is exceptional in protecting sperm cells from damage. Focus on your reproductive health from today by adding this versatile fruit to your diet.

• Spinach and Leafy Greens:

Spinach, kale, and Swiss chard are some of the top Leafy greens that included antioxidants, vitamins, and minerals. When getting such nutrients sperms will be protected from oxidative stress. If not protected then it can damage DNA and easily can reduce the quality. You must start working on healthy sperm production and that would be possible by adding spinach and other leafy greens into your meals. Moreover, it will support optimal fertility.

• Pomegranate:

Consult any doctor and they will suggest not to miss Pomegranate which is renowned even for symbol of fertility. It will unpack a huge amount of health benefits as it is rich in antioxidants, vitamin C, and other nutrients. To enhance sperm quality and motility, add pomegranate to your diet list. You can add its seeds to your diet or else can drink pomegranate juice because both these have a great impact on male fertility.

• Tomatoes:

Another way to solve your fertility issue is by adding Tomatoes to your food diet. Tomatoes are popular for their high content of lycopene, an antioxidant. When there is Lycopene it enables to improve sperm quality and motility. You must consume the best tomato-based products.

• Pumpkin Seeds:

Looking for something better food for healthy sperm production and testosterone levels? Strive for Pumpkin seeds that are a rich source of zinc. When Zinc is involved it means sperm quality will improve and fertility issues will be resolved. Add this product to your meal from now to support reproductive health faster.

You might be looking for stem cell therapy in India. Stem Cell Care India will not only help resolve your problems regarding male fertility issues but will suggest a great food diet that every male should follow if they are facing fertility problems.







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